

9. Committee on Institutional and Commercial Problems—Mr. A. Bonnheim, Chairman.

10. Committee on Registration and Disinfection Measures—Mr. A. Bonnheim, Chairman.

Each of these ten committees brought in a report, which it is hoped will be published in full. A preliminary report covering some of the facts upon which the Executive Committee based its recommendations for new laws, as presented to the 40th Legislature now in session at Sacramento, appeared in the Bulletin of the California State Board of Health of January, 1913 (Vol. VIII, No. 7). Those who are interested in the subject can obtain a copy of this Bulletin, by writing to the Office of the State Board of Health at Sacramento.

It may not be out of place here, however, to enumerate the special bills prepared under the direction of the Commission and which are now before the present Legislature for consideration.

These are:

1. A Division of Tuberculosis under the State Board of Health, with an appropriation of twenty thousand dollars for the two years 1913, 1914.

[Senate Bill No. 980, introduced by Senator Mott, and the companion Assembly Bill No. 1234, introduced by Assemblyman Guill, provide for this.]

2. A Revolving Fund for use by the State Board of Health in providing immediate assistance to emergency or otherwise specially urgent cases; the respective counties responsible for such cases to be required to reimburse the revolving fund for all sums expended from it.

[Senate Bill No. 974, introduced by Senator Birdsall, and the companion Assembly Bill No. 1385, introduced by Assemblyman Dower, make such provision.]

3. State Regulation of county hospital wards for advanced tuberculosis patients and State Aid for county treatment of tuberculosis patients to the extent which may be indicated by the finances of the state.

[If funds are available for this purpose Senate Bill No. 6, introduced by Senator Boynton, can be amended in accordance with the suggestion.]

4. State Farm Colonies for early and convalescent tuberculosis patients, to be provided if possible.

[Senate Bill No. 1094, introduced by Senator Boynton, and the companion Assembly Bill No. 1403, introduced by Assemblyman Farwell, provide for these measures.]

5. Existing laws related to tuberculosis to be amended if necessary so as to insure their enforcement, and official recognition of dispensaries should be provided, although at the present time it is deemed expedient that they should remain supported wholly by municipal and philanthropic appropriations.

Copies of the above bills may be obtained by writing to legislators from your home districts.

The Commission requests at this time, that all who can, write to their home Assemblymen and Senators urging support of the above measures. By so doing a big step, at comparatively a small

money outlay, will have been taken by the state. In two years more, it will then be possible to institute other measures of larger scope.

REPORT OF SPECIAL COMMITTEE ON THE EFFECT OF ATHLETICS ON YOUNG PEOPLE.

By G. F. REINHARDT, M. D., Berkeley.

This work has been developed along two phases, one the purely physical and the other the psychological side. Dr. Powers will present a personal report on the psychological side of the work. The first difficulty we have encountered is to find a method whereby observations can be made with any degree of accuracy. In the past the observations made on the influence of exercise or excess of exercise on students has been too much colored by the personal opinion of the observer. We have practically spent the year in trying to evolve a method to eliminate the personal equation of the observer. The outcome of this work will be more fully presented in a paper that Dr. Kilgore will read. I can only say that a considerable amount of work has been done and little accomplished. It has meant the expenditure of upwards of \$300 in actual money. Contributions towards this work are difficult to obtain. A certain amount of clerical help has to be employed.

ORIGINAL ARTICLES

EFFECTS OF ATHLETICS ON YOUNG PEOPLE.*

Sub-Report of H. D'ARCY POWER on Psychological aspect of the question.

This is a resumé of a detailed paper on the subject, to be read at a general meeting of the Society, on the evening of the 15th.

In seeking an answer to the question as to how and to what extent athletics has an influence on the mind, four lines of investigation were open.

1st. A deductive statement based on known physiological and psychological data.

2nd. Laboratory investigations as to mental conditions before, during, and after training.

3rd. A statistical investigation into the records of colleges with the view of ascertaining the scholastic status of athletic teams as compared with non-athletes.

4th. A critical estimate based on the opinion of a large number of instructors reflecting their actual observation and experience.

The conclusions here presented follow all these lines, but the chief accent has been placed on the last to which special attention has been directed.

By the first method it is deduced that as the musculature constitutes more than half the body weight, and is concerned in heat production as well as motility, its mass can not be reduced beyond a certain point without involving other tissues, including the neural, in the strains incident to displaced function. That as the nervous system and the cerebral cortex in particular, are largely concerned in motor activities, and ideation may be

*Read before the Forty-third Annual Meeting of the Medical Society, State of California, Oakland, April, 1913.